

Jane Noble - Mental Health Service User Development Worker for North Tyneside.

## Summary of my role

The aim of my post is to develop and support Mental Health Service User Involvement in the design, delivery and scrutiny of Mental Health Services, and to assist in the development of user-led initiatives across North Tyneside.

I build up contact with service users and support those individuals by providing advice and information on mental health issues.

I also coordinate and collate service users opinions on statutory, voluntary and other services so SU views are a part of any decision making process. I help to tackle 'stigma and discrimination' and promote 'mental well being' and social inclusion initiatives. I signpost service users to access information and support that promotes prevention and recovery. With the influence of SU voice, I am able to develop groups that meet their needs and feedback any findings to both statutory and voluntary organisations. I have set up a social group that meets weekly which is very popular, a support group, and hold monthly forums. The forum aim is to share information and invite 'guest speakers' to come along and have an informal discussion about changes to services as well as service providers sharing what their organisations provide, with the chance to network over coffee.